

Amherst Senior Center

1968—2008

40th Anniversary Souvenir Booklet

By Nancy Hirsh Pagano



HISTORY of the COA

Amherst Golden Age Club
President Alice Dowd, one of the original founders of the Club in 1955, addressed Town Meeting in 1967 with her concerns and hopes for Town services and programs to be established for Amherst's older residents.



As a result, a nine-member Council on Aging was established and this new board's first members were appointed by Town Manager Allen Torrey.

The First Council on Aging **1967**

(Name, Year of Term Expiration)

Richard Davies, Chair 1970

Alice M. Dowd 1970

Janet R. Dugan 1970

Jennie Cowles 1969

Alfred Marcotte 1969

Eveline L. Sears 1969

Jeannette M. Elder 1968

Gwen Gilmore 1968

Robert Lentilhon 1968

The Current Council on Aging **2008**

(Name, Year of Term Expiration)

Barbara Sutherland, Chair 2009

Daniel Clapp, Vice-Chair 2009

Rosemary Kofler, Secretary 2010

Doris Holden, Treasurer 2010

David Yaukey 2009

Joan Golowich 2011

Joel Gordon 2011

Kathy Koplow 2011

Juana Trujillo 2011



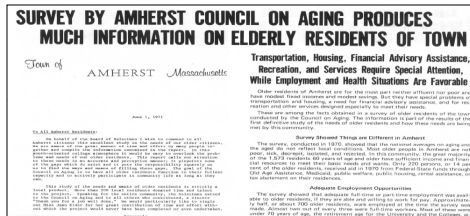
Other COA Members Through the Years **(In alphabetical order)**

Esther Almeida 1994-2000
Mary Barkowski 1971-1974
J. Richard Beattie 1979-1985
Isaac BenEzra 1997-2003
Benson Bowditch 1996-2002
Dorothy Burke 1997-2003
Al Byam 2003-2006
Albert Chevan 1996-2002
John T. Conlon 1991-1997
Clara Cook 1971-1977
Ruth Curtis 1975-1981
Richard Davies 1967-1976
Rev. Gordon Dean 1970-1974
Janice Denton 1998-2004
Rev. Charles Farrell 1974-1979
Elsie Fetterman 2002-2008
Ferne Finger 2000-2003
Harvey Friedman 1986-1992
Margaret Gage 1986-1993
Ann Grose 1989-1996
Jean Haggerty 2002-2005
Inez Hegarty 1987-1993
Paul Healy
Doris Holden 1987-1993, 2004-2010
Irving Howards 1989-1995
Rev. Edward C. Jager 1979-1985
Ed Kaler 2006-2008
Joan Keochakian 2004-2007
Bettie Kravetz 1970-1979
Frank Lattuca 2003-2006
Katie Leadbetter 1977-1985
Alice Lewitin 1985-1988
Elizabeth Massey 2002-2005
Thomas McAuley 1987-1990, 2005-2008
Barbara Melrose 1998-2004
Martha Montague
Theodore Morrill 1983-1989
Doris Mundo 2002-2005
Ilsa Myers 1993-1999
Grunow O. Oleson 1974-1978
Joan O'Meara 1992-1998
Shirley Packard 1994-2000
Henry Peirce 2002-2005
Vera Peterson 1996-1998
Jerome Peterson 1974-1977
Jean Potash 1981-1987
Richard Prout 1988-1991
Father Joseph Quigley 1985-1988
Eleanor Quint 1987-1992
Lisa Raskin 1988-1995
Arnold D. Rhodes 1978-1984
Alan Root 1999-2002
Esther S. Rothenberg 1981-1984
Eveline Sears 1967-1987
Marilyn G. Singer 1984-1987
Rose Marie Sleasman 1999-2001
Mary Thomson 1973-1977
Ralph Timberlake 1993-1995
Barbara Turner 1976-1982
Helen VanAlstine 1980-1986
H. Sidney Vaughn 1971-1973
Richard Vincent 1985-1988
James Watt 1993-1996
Phyllis Weidig 1976-1983
Susan Whitbourne 2004-2007
Earle Whitney
Sara Wolff 2001-2004

BEGINNINGS *

(starred areas are direct quotes from the 1970 COA survey)

The first COA, established in 1967, had the task of assessing and meeting the needs of Amherst's older residents. At the time there were about 1,573 residents 60 and older and there was a community concern about their circumstances and a desire to determine what services might be needed which were not already available. Meetings were held with various groups, including the Board of Health, the Recreation Commission, the Housing Authority, and the Department of Continuing Education, but these only partially answered the questions. To get specific answers to the questions of aging in Amherst, and with the assistance of Sociologist and Amherst Record Reporter, Jean Elder, a study plan was developed and a questionnaire prepared. A random sample of residents 60 and over was drawn from the Amherst Street List and a letter signed by all members of the COA was sent asking that an interview be granted. "The interviewers were carefully selected, mature, long-term residents active in town affairs, with a genuine concern and liking for older people."* The survey results "accurately reflected the conditions and the attitudes in Amherst in the winter of 1970."



SURVEY FINDINGS*

- Amherst is attractive to many but high costs discourage retirees from remaining residents of the town.
- One out of every four of Amherst's older residents live alone, three times as many older women than men live alone.
- Amherst's older residents have a serious transportation problem. Lack of public transportation makes "pre-mature

shut-ins" of older people in a society where the automobile is a necessity. Consequences of this deficiency are costly in social and psychological terms.

- There is little recognition of the fact that older residents have special housing needs. Amherst housing attention has been exclusively on the needs of people with low incomes. Elderly people have need for housing that is designed and equipped to meet their special requirements. Unlike in earlier times, many elderly people maintain their own homes and do not move in with relatives. With current conditions continuing, Amherst is becoming a place in which elderly residents cannot afford to live. Retirement residences with built-in services are needed. Also needed are suitable apartments accessible to stores, churches, the post office and similar places.
- Older residents with fixed incomes just about poverty level are in a difficult position because their incomes are too high to qualify for aid and not high enough to meet rising costs. Elderly with incomes \$3,000 to \$7,000 are especially hard hit by inflation and increasing taxes and rents. Only 20% of Amherst's 60 years and older residents are eligible for federal or state aid. Financial worry is more prevalent than poverty in Amherst. Fewer elderly people are eligible for tax abatements than before the change in the law in 1970. Reassessment of Amherst real estate increased the burden of elderly residents. There is a need for financial consideration for those older people with modest incomes (\$3,000-\$6,000 per year) and modest assets.
- Recreation for older residents is a major need in the Town of Amherst. Activities need to be planned to appeal to a wider range of people than those now participating in recreational activities. Bus trips, caravans, plays, concerts, and movies rated high on the list of desired recreational activities. Not all elderly are now being reached with information on what is available. Lack of transportation is a major obstacle in providing needed recreational activities. Leadership in evaluating needs, establishing priorities, and planning and carrying out programs probably would require a salaried person. Some of the services and activities offered in the Town do not coincide with the diversity of needs and wants of the older population.
- Almost half of Amherst's older residents want a financial advisory service. Of these older residents there is a particular worry that they may not have enough resources in the future to make ends meet. The existing services and facilities available to the elderly would be used more fully and effectively if there were a centralized community-wide information service.

In a community where the primary industry has always been the education of youth, Amherst has been also mindful of the needs of its oldest residents. A wide variety of resources have been committed to improving life for this potentially at-risk group thanks to deliberate study and planning by the COA and other Town boards. Elders feel fortunate to have low cost transportation services, well-designed public housing in the heart of the downtown, and a centrally-located multi-purpose senior center with a professional staff.



The Early Years 1968—1978

The Amherst Council on Aging, established in 1967, opened the Senior Center in 1968 on the bottom floor of Oddfellows Hall located at 17 Kellogg Avenue.

All activities were held in an open multi-purpose great room which was divided by three large bookcases on wheels that served to delineate the lounge and pool table area. The reception desk, pictured here on the top right, was the first stop for all who entered.



The first hostess was Ethel Moore, who was hired with funding from the Commonwealth Service Corps to assist the Town Manager-appointed, nine

member C.O.A. with the running of the Senior Center. Ethel always made visitors welcome and comfortable. She kept daily use statistics, encouraged friendship, answered questions about programs, prepared and served snacks, played the piano at sing-a-longs and in general made the Senior Center a welcoming place. She served until December, 1975, when she retired.



Shared Office Space

There were three offices—one big one, shown here, that the Sr. Ctr. Director (Wayne Ude) and the Leisure Services Director (Nancy Hirsh) shared, along with volunteers.

(North side facing Kellogg Ave.) →



← (South side facing Main St.)

These were the days of typewriters, carbon paper and correction tape. The Senior Center's newsletter, *The Senior Spirit*, was published monthly. Nancy has been the Editor since 1973.

Social Worker's Office

The counseling office was challenging to use at times because of the physical layout—the office had one of the two Senior Center bathrooms within it. Seated are Hedvig Watts and Dorothy Sherman.



Transportation Office

The Senior Surrey was dispatched from the S.C. Transportation Office. You can see a bit of it through the open door behind our Chief Dispatcher, Ethel Casey. Barbara Griffith, has her notebook in hand. She initially served as Community Aide, but held the position of Director from 1976 until 1981 when she and her husband moved to the Washington, D.C. area.





THE KITCHEN AT 17 KELLOGG AVENUE

The second bathroom was off the kitchen, but you could only access it when the refrigerator door was closed. Sometimes it was a little embarrassing to use the facilities when volunteers were working in there.

#1 Picture shows Gladys Reed (print shirt) and Jean Yankopoulos

#2 Picture shows Mary Meakim, Gladys Tiner, Nancy Hirsh, Gladys Reed & Jean Yankopoulos



ACTIVITIES 1968-1978

Senior Center programs at 17 Kellogg Avenue all took place in one large multi-purpose room.

The reception desk, lounge area, and activity areas were a hub of activity. A big bulletin board kept people informed about programs—especially trips, the most popular program.

◀ Pictured here is weekly scrap-booking for the Belchertown State School. Volunteers cut and pasted pictures from used greeting cards into wallpaper sample books. Residents at the BSS appreciated having them to look at as an activity there. When the School closed, some of the residents moved to group homes or housing for the elderly in the greater Amherst area and we saw them at the S.C.

◀ While Ethel Moore plays the accompaniment, the “Senior Chorus” is led by Margaret Walters who formed the group in 1974. Coca-cola donated robes and the Chorus performed on TV! →

◀ Penny BEANO (BINGO) was very popular and the money won helped augment modest budgets. Esther Mencer never missed a chance to play.

Rughookers here are Patty Dorsey, Dorothy → Russell, and Elizabeth Lewis. Other arts and crafts classes were also popular, such as handcrafts with Grace Rhodes, wood carving, fly-tying & painting.

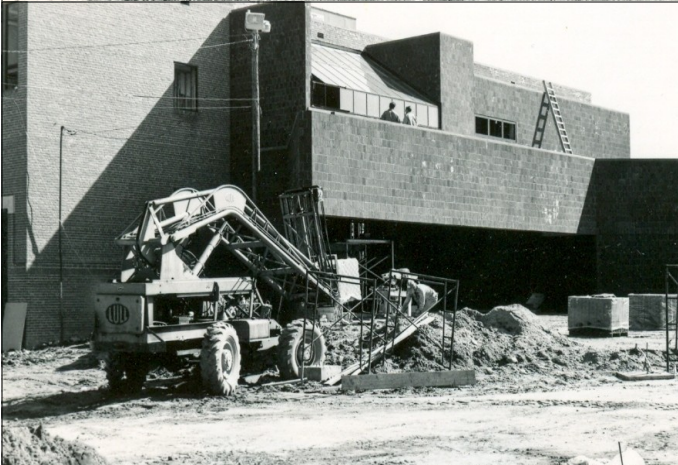
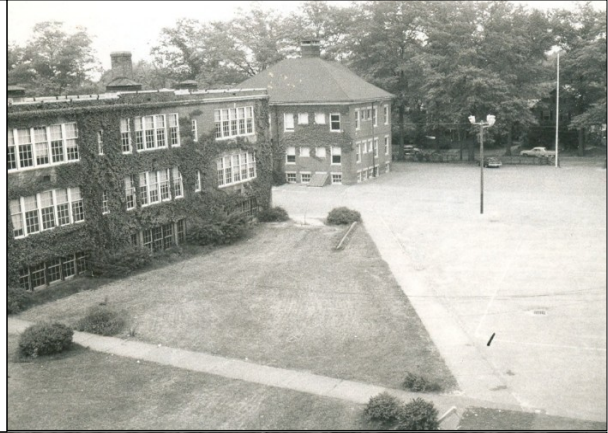
Northampton’s Brunswick Lanes picked bowlers up at the S.C. and the Amherst → Nursing Home for weekly candlepin and ten pin play. This program particularly attracted lots of men.

Other activities at times included: pitch, monthly luncheons, holiday and theme parties, billiards, bus trips, concerts, seminars, blood pressure clinics, tax assistance, senior swim, dance classes, movies, fishing, exercise with Renate Ridders, and Santa’s workshop → —where old toys were made new for area children.



THE BOLTWOOD WALK PROJECT

1. The back side of the Intermediate School soon to be Bangs. The adjacent Cook building was torn down.
2. Looking at Kellogg Ave. Other buildings in the Amherst Redevelopment Authority's Boltwood Walk area were demolished to make way for the Ann Whalen and Clark House apartments.
- 3-5 The Intermediate School in the process of renovation.



Amherst Senior Center Surrey History 1972-1996

Initially free transportation for elders (to medical appointments only) in Amherst was provided by volunteers using their own cars. In December 1972, a 12-passenger minibus was obtained by the COA with funds from a Title III Federal Grant and the Town of Amherst. The grant paid for a transportation coordinator, a driver, and a part-time "community aide" (social worker). Almost named the "Jolly Trolley", the Senior Surrey was immediately popular and rides were available for any reason, including recreation. The COA purchased a station wagon in February 1975 to help with increasing ridership. In July 1975 the transportation program affiliated with P.V.T.A. and in September expanded to include two evenings a week and Saturday hours. In February 1976, with funding from a Federal Grant, transportation services expanded to include Leverett, Shutesbury, Pelham and Belchertown. Younger disabled people became eligible for transportation under ADA and three new lift-equipped vans were awarded. In July 1982, because of Federal cutbacks, riders were asked to contribute toward their ride costs. For all subsequent years, donations, fees, annual solicitations and Town Meeting appropriations carried the Surrey in the face of reduced government support. Finally the C.O.A., under Director John Clobridge, decided in 1996 to not rebid its contract with P.V.T.A. This signaled the end of twenty-four years of directly providing this door to door service. Throughout these years many wonderful drivers/dispatchers carried on this important work and endeared themselves to area seniors. Our longest working Transportation Coordinator was Ethel Casey who worked for the Senior Center 1975-1994. →



← Alan Tilton was Chief Driver from 1976-1996.

Maureen Vanhoutte worked for the S.C. in various roles from 1975-2003. She started as a Surrey driver and went on to serve as dispatcher and later as a secretary/administrative assistant to John Clobridge before her retirement. →



← Karen Sheehy 1987-1996, worked as driver first, then Access Services Coordinator. Sal Colbert served as driver and later Access Services Coordinator from 1978-1991. →



Transportation employees (not mentioned above) who come to mind are: Michael Mahoney, Michael Nix, Alan Colby, Bob Lynch,



Jamie Cope, Ed Silver, Denise LaMontagne, Maureen Vanhoutte, Mary Ward, David Colston, Chris Howell, Tom Monahan, Richard Hall, Jan Sobiech, Sal Colbert, Nickolaus Hawes, Cheryl Dickinson, Sara Vonarsdale, Simon Alciere, Beata Tikos, Terry Tuttle, Rita Burke, Chris Diaz, Luis Gaviria, Alden Booth, Alton Cole, Beth Emming, Mona Iles, John McDonald, Demetrius Moyston, Jennifer Ruth, Gary Urich, Jayne Costa, Jon Gillespie, Earl Brown, Peggy Leuenberger, Kenneth Palhete, Barbara Hart, Bob Thun, Bob Flaherty, Cindy Cary, Tom Chalmers, Brian McCullough, Norman Bland, Kathy Alves, Kathryn Mahoney.

MEMORABLE PEOPLE

There have been so many memorable people through the years that it's really impossible to show them all here. Here are photos of some:

Ned Markert &
Barbara Taylor



Jean Elder

George Barker &
Genie Stacey



Maggie Smith



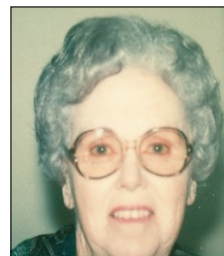
Elizabeth Garrabrants



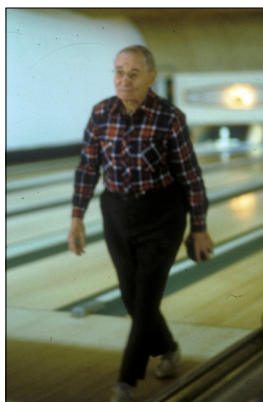
Arnold & Grace Rhodes



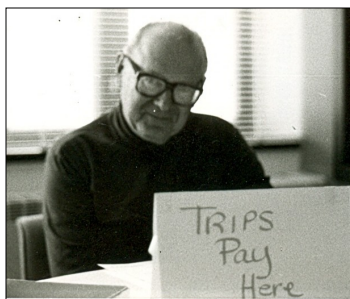
Grace Thayer



Eleanor Chase



Everett Sanctuary



Bill Paul



Barbara Griffith
& Mike Kapinos

The Beginning of the Bangs Center

Be it remembered that I, FANNIE WARD BANGS of AMHERST in the Commonwealth of Massachusetts, being of sound mind and memory, but knowing the uncertainty of this life, do make this my last will and testament, hereby revoking all former wills by me at any time heretofore made.

After the payment of my just debts and funeral charges, I bequeath and devise as follows:

SEVENTH. I give and devise to the Town of Amherst the homestead I now own which is the estate conveyed to me by Frank E. Whitman by deed dated May 31, 1921, and recorded in the Hampshire Registry of Deeds Book 769, Page 219. It is my preference and wish that this homestead may be used for the hospital provided for in the will of my late husband Edward D. Bangs and further provided for in this will. This property does not go to my trustees. The Town of Amherst may make use of the property as a source of income to the hospital fund until such time as the hospital may be established. If from any circumstances it is found after my decease that it is not feasible to use this property as the Bangs hospital any other use of it or the sale of it shall be only a proper decree of the Probate Court therefore.

NINTH. Upon the death of my daughter I desire that the net income from said trust fund be added from time to time to the principal thereof until said trust fund, plus the value of the homestead devised in the seventh clause, shall amount in total to one hundred thousand (\$100,000) dollars, except as hereinafter otherwise provided. When the accumulated trust fund of twenty years from the date of the death of my daughter, even if said amount of one hundred thousand (\$100,000) dollars be not then reached, the entire trust fund with all the accumulations shall be paid over and transferred to the Town of Amherst, Massachusetts, by it to be used with such other funds as it may acquire under the will of my late husband Edward D. Bangs, for the erection on my said homestead devised in the seventh clause of this will of a hospital to be known as the Bangs hospital which name shall appear in a conspicuous place on a bronze tablet in the interior of the building, my husband having provided for the same name to appear on the exterior. It is my desire that this hospital be open to all people without discrimination as to nationality or religious belief.

TENTH. It is my recommendation that an act of the legislature be obtained incorporating said hospital and providing for a suitable board of trustees.

THIRTEENTH. If this scheme of charity for a hospital cannot be carried out exactly as outlined, I desire that it may be carried out as near as possible in accord herewith.

FOURTEENTH. My executor and trustee may close the estate and pay over the accumulations to the Town at a period earlier than indicated in the ninth clause if in their opinion it is expedient to do so and on leave of Probate Court obtained therefore.

In Witness whereof I hereto set my hand and seal at Woodstock, aforesaid this 8th day of November AD, 1927.

Fannie Ward Bangs

(Editor's note: Because the Town of Amherst did not feel it needed a hospital, the Will was broken so that monies could be used for the new "Community Facilities Building". Renamed the Bangs Community Center, it would house the Amherst Health Department among other Town human services departments.)

BOLTWOOD WALK URBAN RENEWAL PROJECT MOVES TO

FRUITION In 1977, after years of planning, the Amherst Redevelopment Authority's plans for the renovation and addition to the old intermediate school, soon to become the "Community Facilities" building began to take shape. In this picture, Senior Center Director Wayne Ude shows S.C. hostess Ethel Moore the plans for the interior of the "new" building. →

Bulldozers and workers were actively working and excitement was growing daily.



← In March of 1978, staff and volunteers helped Public Works with the relocation. In this photo, volunteers Marguerite "Maggie" Smith and Eleanor Chase help Leisure Services Director Nancy Hirsh carry her office items over to the Senior Center's new home. Nancy and

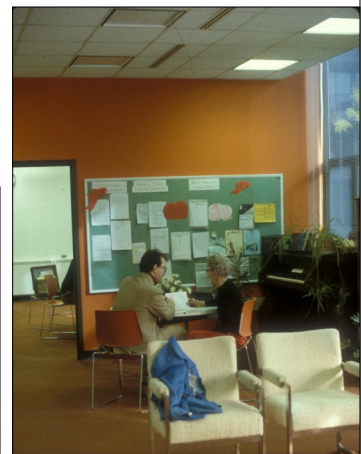


Director Barbara Griffith couldn't be happier. →



← Ethel Casey, Barbara and Mona Kroner, Community Aide, are frisky on moving day.

Ethel, Shelley Modell and Mona take a break on the deck. →





THE QUILTED WALLHANGING

Artist Deborah Kruger wrote a grant that paid for her time and the materials needed to create a wall hanging for the “Community Facilities Building” (Bangs). Seniors and staff silkscreened squares with her guidance at Odd Fellows Hall.

After the move in 1978 the squares were quilted by hand and Deb sewed them together. The wall hanging still is displayed in the Bangs lobby.



Picture #1—Nancy with her silkscreen square.

Picture #1—Deborah and Elizabeth Garabrants quilting.

Picture #3—Other unknown quilter.



HOUSING FOR ELDERS IN AMHERST

CHESTNUT COURT—Built in the late ‘60s, 30-unit Chestnut Court was built off East Pleasant Street and was the first elder housing option built by the Amherst Housing Authority.



ANN WHALEN APARTMENTS— Residents began moving into this new 80-unit five story housing for the elderly and disabled in February 1975, and it was dedicated to Amherst philanthropist Ann Whalen shortly after. The Amherst Housing Authority had a backlog of 150–200 applications on file for the building when it applied for and received the state building funds needed for its construction.



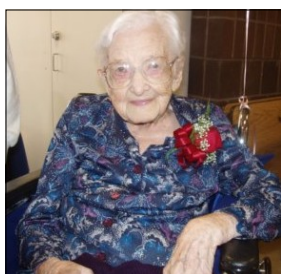
THE CLARK HOUSE— The Clark House opened in the summer of 1980 with 100 apartments (1 or 2 bedroom), including 10 which were specially designed for those in wheelchairs. The Clark House to this day continues to be managed privately and residents may apply for subsidies, though market value rents were also offered for those who are not low-income.



Amherst’s former High School, turned Junior High, was demolished to make way for this apartment building on Lessey Street.

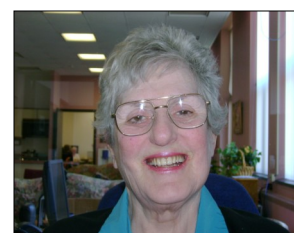
THE JEAN ELDER CONGREGATE HOUSE —The Amherst Housing Authority renovated a vacated UMass fraternity house at the corner of Chestnut Street and East Pleasant Street for use as a new housing option for elders. The Jean Elder House was named for sociologist and charter Amherst COA member, Jeanette Elder. It opened in January 1981 with five apartments ranging in size from 1 bedroom to 5 bedrooms. The Amherst Council on Aging and the Amherst Housing Authority joined forces to oversee the services available to residents. Marilyn Gonter was hired in February 1980 as the first “Support Services Coordinator”. Those who later served in that position were Mary McColgan, and Maura Plante. In 2004, the Housing Authority and the COA did not reapply for congregate funds as the numbers of elder residents desiring such housing had declined significantly.





SENIOR CENTER STAFF THROUGH THE YEARS

Marlene Barnett 2004-2007
Carolyn Brennan
Cynthia Cary 1987-
Ethel Casey 1975-1994
John Clobridge 1981-2004
Sal Colbert 1978-1991
Karen Erman 2000-present
Pat Finnegan 1973 (3 months)
Ferne Finger 2001-present
Barbara Griffith 1973-1981
Marilyn Gonter 1979-1981
Mona Kroner 1976-1979
Carmelina LaRusso
Mary McColgan 1985-1995
Giovanna Mix 2008-2009
Robin Oakes 1981-1983
Nancy Hirsh Pagano 1972-present
Maura Plante 1990-present
Tasha Robbins 2009-present
Evelyn Ross 2008-present
Barbara Slovin 1979-2004
Karin Sheehy 1987-1996
Cheryl Smith 1998-2004
Barbara Taylor 1987-2004
Robert Thun 1993-1995
Alan Tilton 1976-1996
Wayne Ude 1974-1976
Maureen Vanhoutte 1975-2003
Lisa Rose White 2007-present



HISTORY OF SENIOR HEALTH SERVICES

The vision of the Amherst Council on Aging is to enable Amherst seniors to participate in services and activities which promote wellness and independence. Based on studies showing that frequent, long term, follow-up health care improves the health and functioning of people as they age, a program offering no-fee nursing services has been developed for Amherst seniors.

Mission Statement: HELPING SENIORS HELP THEMSELVES STAY HEALTHY

UMass School of Nursing Students and Faculty Offered Free Services Using Federal Grant Monies

On October 30th, 1979, faculty and students from the University of Massachusetts' Division of Nursing opened a health service for older adults on the Health Department floor of the Bangs Community Center. Services offered included health assessments, foot care, diabetic screening, nutrition and diet counseling, education about medical problems and medicines, help with following doctor-ordered treatment plans, and counseling about health questions and concerns. The services were offered free-of-charge, by appointment on Tuesdays and Thursdays from 9-12 noon and were coordinated by Professor of Nursing, Sally Tripp, RN. In July, 1981, Sally Tripp and Chris King, faculty members, added monthly health seminars to their Senior Health Services clinics. Funding for their services came from a federal grant from the Department of Health and Human Services until the grant ended in January, 1988. After that SHS became a fee-for-service program partially funded at times by small Federal grants until Nurse Tripp retired at the end of 1999.

Nursing Center Established In the meantime, in the spring of 1999, the Chair of the Council on Aging, Shirley Packard, RN, MA, GNP, had begun work to find funding to open a fee-free Nursing Center for elders in Amherst. An advisory committee consisting of three local physicians, two nurse practitioners, the CEO of a Hospice/Visiting Nurse Association, an associate professor from UMass School of Nursing and the Senior Center Director, conducted a survey to establish need and the COA dedicated "seed" money to open a Nursing Center. Cheryl Smith, RN, MSN, CS-FNP was hired and the Center opened in October, 1998. Armed with an excellent evaluation showing real need for free nursing services, Shirley Packard asked Town Meeting for \$5,000 to continue the service until yearly funding was found. Early in 2000, Shirley Packard found (then) anonymous community donors who agreed to give \$10,000 a year in support of the Nursing Center. Elders, particularly diabetics, appreciated the twice-weekly clinics. Smith ran the clinics for about six years until leaving in early 2007 at which time the Nursing Center temporarily closed for reorganization.

Senior Health Services Lisa White, RN, was hired in September, 2007, to head the renamed Senior Health Services and she continues to direct the program to this day. SHS provides a variety of health services including blood pressure monitoring, blood glucose testing, medication information, weight monitoring, nutrition information, wound and skin assessment, ear and throat inspection and assistance with responding to a variety of health care needs. In the fiscal year ending June 09, more than 800 client contacts were logged for 88 seniors served by the program.

Lisa currently holds bi-weekly clinics at the Bangs Center, helps staff weekly nursing clinics at the Ann Whalen Apartments, conducts home visits, and on occasion conducts health seminars. In FY09 she helped establish a Clark House Wellness program that continues this year in which she provides clinical oversight to UMASS nursing students.

Funding It is important to note that the Amherst Senior Center's Senior Health Services program receives no Town funding, but continues to grow and thrive thanks to donations and grants. The annual \$10,000 donation from Amherst residents Joseph and Dorothy Gavin is the primary funding for the Bangs based twice-weekly clinics. The two grants received in FY08, \$5,000 from Cooley Dickinson Hospital and \$1,625 from The Amherst Club, also continue to assist in the provision of outreach nursing services.

Oversight The SHS Medical Director is Dr. Daniel Clapp, and the renamed Senior Health Advisory Group, still chaired by Shirley Packard, serve as advisors and resources. The VNA & Hospice of Cooley Dickinson Hospital serves as an important and prestigious affiliation.

Other S.C. Health Services Approximately 24 health seminars a year are arranged by Shirley Packard using local medical professionals. In addition, fee-for-service massages and nurse-run foot care and ear irrigation clinics are held weekly. Dr. Daniel Clapp donates his time twice a month to do free ear irrigation clinics as well.



THE SENIOR CENTER NOW IS A HUB OF ACTIVITY ON THREE LEVELS OF THE BANGS COMMUNITY CENTER. IN FY09, 325 VOLUNTEERS DONATED OVER APPROXIMATELY 9,280 HOURS TO KEEP PROGRAMS GOING.

AMHERST SENIOR CENTER/COA ANNUAL REPORT FY09

PRINCIPAL GOAL: To run a multi-purpose Senior Center that serves as the community focal point for the provision of services to the elderly. The S. C. works to initiate, facilitate, coordinate, and/or provide those services which in the broadest sense enhance dignity, support independence, maintain health, and promote the involvement of Amherst's elderly in the general community.

THE SENIOR CENTER: A VITAL COMMUNITY RESOURCE

Whether it's simply reading our 16-page **bi-monthly newsletter, *THE SENIOR SPIRIT***, or coming in daily for the hot lunch program, Amherst's older residents have come to rely on the Senior Center. Here are examples of some of our program and service offerings in FY09:

CLINICS: foot care, ear irrigation, massage, blood pressure, flu/health fair, hearing aid repair, and free consultations two days a week with an R.N.; psychological counseling

FITNESS PROGRAMS/CLASSES: Strength training, gentle fitness, Tai Chi, folkdance, gentle yoga, twice wkly walking club, line dancing, ballroom dancing, dancercise, Osteoporosis Progressive Resistance Training Exercise, EnhanceFitness®, Joyful Yoga Dance

ADULT EDUCATION CLASSES: Using the Internet; Understanding Perspective When Drawing; Figure Drawing; Portrait Drawing; Pre-Beginning Computer; knitting, sewing, quilting, watercolor/oil painting, cooking, financial management, The Endlessly Developing Cosmos, The Artist's Way Workshops, Healthy East for Successful Living in Older Adults, Arthritis Prevention and Treatment: Life-Style Changes That Work, Spark: The Revolutionary New Science of Exercise and the Brain; Color Theory & Color Mixing Painting Class; Collage Workshop; One & Two Point Perspective Drawing Class; Cityscapes Drawing Class; Matting Your Work Drawing Class, ABC Basics of Computer; Email and Word Processing Basics; How to Manage Photographs & Images on your Computer & How to Listen to Your Computer; VNA & Hospice of CDH Falls Prevention Classes; Tell Your Story Creative Writing Classes; Gluten Free Cooking; Darwinian Evolution and Physics; Holiday Theme Drawing Mixed Media Drawing; Cosmology--Theoretical Physics and Reality

DISCUSSION/SUPPORT GROUPS: New Options, Audio-Book Group for Visually Impaired Persons, Aging Together Discussion Group

SOCIAL RECREATION: Musical Showcases, bus/van/plane trips, Senior Center 40th Anniversary Banquet, Tag Sale, Public Safety picnic, Thanksgiving Dinner, bridge, scrabble, Chinese mah-jongg, grocery bingo, Volunteer Awards Social, Casino Night Hosted by UMass Finance Society, Singing Supper Hosted by Amherst College, Hawaiian Night Hosted by UMass Psychology of Aging Class; Singing with Lori Sunshine; Holiday Concert/Party; Colgate Thirteen A Cappella Concert; Amherst Regional Middle School 7th Grace Chorus Concert

EDUCATIONAL SEMINARS/WORKSHOPS: Diabetes Basics; Making Connections: Diabetes and Heart Health; Hospice Overview; Sleep Changes & Disorders; Using an Urgent Care Center; High Blood Pressure; APD Identity Theft Presentation; Long Term Care; Bright Light Therapy; Indigestion and Gastro-esophageal Reflex; Well Women Care; "Pack Your Bag" Individual Medication Review; BCBS Health Plan Options for People With Medicare; Vascular Problems, Claudication, Vascular Veins; The Aging Brain; Allergies--Causes, Diagnosis, Treatments; Cosmetic Surgery; SALT Council presentation: Consumer Awareness: Be a Savvy Consumer; Emergency Preparedness; APD Seminar on Lost Elder Program; Successful Aging; Holistic Physical Therapy, Successful Aging, Female Bladder Control, Recent Scientific Findings on Arthritis, Arthritis Preventing/Reversing Exercise Programs, Nutrition and Arthritis; Tremors; Anti-Coagulation Clinic; Type II Diabetes; Respiratory Problems; Keeping Warm, Keeping Safe Panel Discussion; Peace Corps Talk; Wills and Revocable Living Trusts; Understanding the Grieving Process and Responding in a Loving Way, Ear and Nose Problems; Fibromyalgia, Treatment of Common Spinal Problems in Baby Boomers; Enhancing Vitality, Healing Ourselves

SERVICES TO INDIVIDUALS: HVES (Highland Valley Elder Services) Title III Congregate hot lunch program, Meals on Wheels evening hot supper through the University of Massachusetts, HVES Title III Home Delivered hot lunch, AARP Tax Assistance, Tax Exemption Seminar (Assessor's Office), leaf raking, personal care/homemaking referral, friendly visitor program, social worker counseling/I+R, Brown Bag monthly groceries through Western Mass. Food Bank, Food Box monthly groceries through Amherst Survival Center, free weekly bread/produce giveaway, emergency food pantry, volunteer driving, SHINE health insurance counseling, tax assistance, Tax Work-Off intake, subsidized van ticket sales, farmers' market coupon distribution, medical rides and free wheelchair and equipment loan closet, free smoke detector program with Amherst Fire Department, and partnership with the SALT Council to provide services such as house numbering, RUOK, File of Life, 911 Cell Phone distribution, SAFE Elder project

ACTIVITIES & PEOPLE



To augment Town funds, the COA established The Senior Trust in 1977 and that non-profit corporation dissolved for reorganization in 2007 and a new 501C-3 non-profit called the Friends of the Amherst Senior Center was established.

This historical booklet was funded by contributions to the Friends from the people and businesses listed below .

The Council on Aging and Senior Center staff are deeply appreciative of their support to our mission.

FRIENDS OF THE AMHERST SENIOR CENTER DONATIONS (Through FY09)

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Dr Alice S Rossi
UMass Amherst Community Charitable Campaign

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